

Abstract

Title: Comparative analysis of selected soccer kicks

Objectives: The main objective of the study is to characterize the involvement of selected muscles during soccer kicks by time and space and subsequent comparison with specific exercises with expander by EMG measurement.

Methods: The study has a character of a case study, comparative analysis of relative timing of movement and activity of selected muscles during soccer kicks by surface poly-electro-myographical analysis and kinematic analysis.

Results: Timing of muscles involvement during soccer kicks is different than timing of muscles involvement during exercise with expander.

Keywords: EMG, soccer, kick, muscles, activation